

PRIVATE SWIM LESSONS

Private swim lessons for ages 3 years through adult, and for any level of ability, are available in a 4 week session. Instruction is geared toward the individual student's ability. The private swim lessons are offered as an eight class session that is thirty minutes in length per class. The sessions are either M/W or T/TH over four weeks or Saturday for eight weeks. One student/participant is enrolled in the entire eight class session. The Centennial Recreation Center does not accept rescheduling of missed classes for this program.

Registration for these classes is on a first come, first served basis.

Instructor: CRC Aquatic Staff

Location: Centennial Recreation Center

Session 1:

Mon/Wed classes	Jan 11th – Feb 3rd
Tue/Thu classes	Jan 12th – Feb 4th
SAT Classes	Jan 23rd – Mar 13th

Session 2:

Mon/Wed classes	Feb 15th – Mar 10th
Tue/Thu classes	Feb 16th – Mar 11th
SAT Classes	Mar 27th – May 15th

Session 3:

Mon/Wed Classes	Mar 22nd – Apr 14th
Tue/Thu Classes	Mar 23rd – Apr 15th

Session 4:

Mon/Wed Classes	Apr 26th – May 19th
Tue/Thu Classes	Apr 27th – May 20th

Residents: \$233/ CRC Member: \$218

Non Resident: \$243/ CRC Member: \$228

Mon/Wed Classes

	Session 1 Jan 11	Session 2 Feb 15	Session 3 Mar 22	Session 4 Apr 26
TIME	Activity #	Activity #	Activity #	Activity #
4:00-4:30pm	4580.121	4580.125	4580.129	4580.133
4:30-5:00pm	4580.122	4580.126	4580.130	4580.134
5:00-5:30pm	4580.123	4580.127	4580.131	4580.135
5:30-6:00pm	4580.124	4580.128	4580.132	4580.136

Tue/Thu Classes

	Session 1 Jan 12	Session 2 Feb 16	Session 3 Mar 23	Session 4 Apr 27
TIME	Activity #	Activity #	Activity #	Activity #
4:00-4:30pm	4580.137	4580.141	4580.145	4580.149
4:30-5:00pm	4580.138	4580.142	4580.146	4580.150
5:00-5:30pm	4580.139	4580.143	4580.147	4580.151
5:30-6:00pm	4580.140	4580.144	4580.148	4580.152
	Saturday	Classes		

Sat Classes

	Session 1 Jan 23	Session 2 Mar 27
TIME	Activity #	Activity #
9:00-9:30am	4580.153	4580.157
9:30-10:00am	4580.154	4580.158
10:00-10:30am	4580.155	4580.159
10:30-11:00am	4580.156	4580.160

PRIVATE SWIM LESSONS

Private swim lessons for ages 3 years through adult, and for any level of ability, are available in a 4 week session. Instruction is geared toward the individual student's ability. The private swim lessons are offered as an eight class session that is thirty minutes in length per class. The sessions are either M/W or T/TH over four weeks. One student/participant is enrolled in the entire eight class session. The Aquatics Center does not accept rescheduling of missed classes for this program.

Registration for these classes is on a first come, first served basis.

Instructor: Aquatics Center Staff

Location: Aquatics Center

Session 1:

Mon/Wed Classes	Mar 22nd – Apr 14th
Tue/Thu Classes	Mar 23rd – Apr 15th *

* No class on 4/8 due to a swim meet hosted at the Aquatics Center. A make up will be held on Tuesday, April 20th at the same time the lesson was scheduled.

Session 2:

Mon/Wed Classes	Apr 26th – May 19th
Tue/Thu Classes	Apr 27th – May 20th

Residents: \$233/ CRC Member: \$218

Non Resident: \$243/ CRC Member: \$228

Session 1	M/W 3/22 – 4/14	T/TH 3/23 – 4/15
TIME	Activity #	Activity #
4:00pm	4580.101	4580.111
4:30pm	4580.102	4580.112
5:00pm	4580.103	4580.113
5:30pm	4580.104	4580.114
6:00pm	4580.105	4580.115

Session 2	M/W 4/26 – 5/19	T/TH 4/27 – 5/20
TIME	Activity #	Activity #
4:00pm	4580.106	4580.116
4:30pm	4580.107	4580.117
5:00pm	4580.108	4580.118
5:30pm	4580.109	4580.119
6:00pm	4580.110	4580.120

Core Aquatics Programspage 8
Lap Swim, Aquatics Fitness Classes

Fun 'n' Fit Swim Conditioning . . .page 20, 34

Waterpolo. page 20

Red Cross Lifeguarding Class . . .page 34, 40

Water Safety Instructor34, 40

Aquatics Triathlon Training34, 40

Dive In Movie 20, 34, 40

Class Descriptions

Parent/Tot Program

Cuttle Fish A

Ages: 6 months-17 months

Prerequisites: Parent participation is required

Skills Checklist: Infant skills-

Water adjustment, getting wet - Front kick
Exploring the pool, holding positions
Front glide, readiness, passing, drafting
Underwater exploration, readiness, bubble blowing, scooping
Back float, adjusting to water in back position, readiness
Rolling over, front to back & back to front - Exit water, parent carrying child
Arm movement, front position, combined with kicking



Cuttle Fish B

Ages: 18 months-35 months

Prerequisites: Parent participation is required

Skills Checklist: Toddler skills-

Front glide, drifting with breathing
Underwater exploration, bobbing, opening eyes
Arm movement on back, finning combined with kicking
Changing positions, vertical to front & vertical to back float positions
Kick up to surface
Exit independently at side of pool or using ladder or stairs

Pre-school Program *Ages 3-5*



Clown Fish Level I

Prerequisites: No swimming skills required. Parent participation optional. Student must be able to take direction from the instructor.

Skills Checklist:

Enter water safely, enter using stairs and rolling over from side of pool

Bubble blowing, opening eyes under water, underwater exploration
Introduction to supported front float - Introduction to supported back float
Supported front kicking - Supported back kicking
Front glide readiness with breathing - Back glide readiness
Introduction to alternating arm movement - Learn basic water safety rules
Familiarity with getting help - Reaching assist without equipment
Wear lifejacket on deck and enter shallow water



Jelly Fish Level II

Prerequisites: Clown Fish skills or comfortable in the water and able to take direction from the instructor.

Skills Checklist:

Hold breath and fully submerge head, bobbing with controlled breathing

Supported front float - Supported back float
Front glide and recover with support - Back glide and recover with support
Front glide with flutter kick supported - Back glide with flutter kick supported
Front crawl arm action - Back crawl arm action
Submerge and retrieve object from chest deep water
Explore deep water with support - Discuss role of all safety personnel
Demonstrate reaching assist with equipment
Demonstrate how to relieve a cramp



Balloon Fish Level III

Prerequisites: Jelly Fish skills

Skills Checklist:

Rhythmic bobs (10 times) - Introduction to finning
Unsupported front float - Unsupported back float
Unsupported front glide and recover (2 body lengths)
Unsupported back glide and recover (2 body lengths)

Front glide with flutter kick - Back glide with flutter kick
Front crawl arm movement and flutter kick (5 yards)
Back crawl arm movement and flutter kick (5 yards)
Introduction to side breathing - Become familiar with rescue breathing
Demonstrate rolling over from front glide to back glide
Demonstrate rolling over from back glide to front glide
Float face up in shallow water with a lifejacket on (1 minute)
Demonstrate assisting non-swimmer to feet



Flying Fish Level IV

Prerequisite skills: Balloon Fish skills

Skills Checklist:

Bob in water slightly over head to safety
Jump into deep water from side of pool
Swim front crawl with side breathing (15 yards)
Swim back crawl (15 yards)

Demonstrate elementary backstroke kick
Compact and kneeling dive from side of pool
Treading water in deep water
Jump into deep water with lifejackets on
Demonstrate H.E.L.P. position (1 minute)
Demonstrate huddle position (1 minute)
Demonstrate correct technique for opening airway for rescue breathing

Youth Program *Ages 6-10*



Sea Turtle Level I

Prerequisites: No swimming skills required

Skills Checklist:

Enter and exit pool safely - Open eyes under water
Submerge mouth, nose, and eyes
Pick up submerged object under water

Exhale underwater through mouth and nose
Front Float and Back Float (supported & unsupported)
Roll over from front glide to back glide - Roll over from back glide to front glide
Front swimming with arm & leg actions - Back swimming with arm & leg actions
Discuss basic water safety rules - Demonstrate proper use of a lifejacket



Sting Ray Level II

Prerequisites: Sea Turtle skills and comfortable in the water

Skills Checklist:

Submerging entire head - Jump in from poolside (shallow water)
Unsupported front float - Unsupported back float
Front glide and Back glide (supported and unsupported)

Finning arm action - Sculling arm action - Rhythmic bobs (10 times)
Jellyfish float - Treading water using arm and leg motions
Swimming using combined stroke on front (15 feet)
Swimming using combined stroke on back (15 feet)
Moving in water while wearing a life jacket
Recognizing a swimmer in distress and getting help



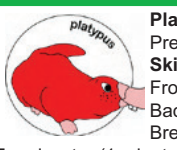
Pelican Level III

Prerequisites: Sting Ray Skills (or Flying Fish Skills)

Skills Checklist:

Unsupported front glide with kick
Unsupported back glide with kick
Jump into deep water from side - Treading water (30 seconds)
Front crawl stroke with rotary breathing (15 yards) - Back crawl stroke (15 yards)

Butterfly kick and body motion - Survival float on back - Rules for safe diving
Sitting and kneeling dive (shallow dive progression) - H.E.L.P. & Huddle positions



Platypus Level IV

Prerequisites: Pelican skills

Skills Checklist:

Front crawl with rotary breathing (25 yards)
Back crawl (25 yards) - Elementary backstroke (15 yards)
Breaststroke (15 yards) - Introduction to butterfly stroke

Tread water (1 minute) - Swim underwater
Open turn on front, push-off streamlined position
Open turn on back, push-off streamlined position
Scissors kick on back - Survival float on back (1 minute) - Discuss safe diving rules
Diving from stride position (shallow dive) - Demonstrate a throwing assist
Feet-first surface dive in deep water - Care for conscious choking victim



Crocodile Level V

Prerequisites: Platypus skills

Skills Checklist:

Front crawl with rotary breathing (50 yards)
Back crawl (50 yards) - Elementary Backstroke (25 yards)
Breaststroke (25 yards) - Butterfly Stroke (15 yards) - Tread water (2 minutes)
Introduction to sidestroke - Shallow dive with glide
Flip turn while swimming on front - Flip turn while swimming on back
Performing rescue breathing - Introduction to tuck and pike surface dives



Great White Level VI

Prerequisites: Crocodile skills

Skills Checklist:

Front crawl open turn - Back crawl open turn
Front crawl with rotary breathing (100 yards)
Back crawl (100 yards) - Elementary Backstroke (50 yards)
Breaststroke (50 yards) - Butterfly Stroke (50 yards) - Sidestroke (50 yards)
Treading water (3 minutes) - Treading water kicking only
Swim continuous 500 yards with any combination of strokes
Retrieve diving brick from 8-10 in feet deep water - Recognizing spinal injury

Mon/Wed Group Lesson Schedule

CLASS NAME	TIME	Session 1	Session 2	Session 3	Session 4
		Jan 11 Activity #	Feb 15 Activity #	Mar 22 Activity #	Apr 26 Activity #
CUTTLE FISH A	10:05a	4500.101	4500.103	4500.105	4500.107
	4:20p	4500.102	4500.104	4500.106	4500.108
CUTTLE FISH B	5:30p	4500.109	4500.110	4500.111	4500.112
CLOWN FISH	9:30a	4510.101	4510.104	4510.107	4510.110
	3:45p	4510.102	4510.105	4510.108	4510.111
	4:20p	4510.103	4510.106	4510.109	4510.112
JELLY FISH	10:40a	4520.101	4520.104	4520.107	4520.110
	3:45p	4520.102	4520.105	4520.108	4520.111
	4:20p	4520.103	4520.106	4520.109	4520.112
BALLOON FISH	11:15a	4530.101	4530.103	4530.105	4530.107
	4:55p	4530.102	4530.104	4530.106	4530.108
FLYING FISH	5:30p	4540.101	4540.102	4540.103	4540.104
SEA TURTLE	4:55p	4550.101	4550.102	4550.103	4550.104
STING RAY	4:55p	4560.101	4560.102	4560.103	4560.104
PELICAN	3:45p	4570.101	4570.102	4570.103	4570.104
ADULT BEG	6:20p	4590.101	4590.102	4590.103	4590.104

Tue/Thu Group Lesson Schedule

CLASS NAME	TIME	Session 1	Session 2	Session 3	Session 4
		Jan 12 Activity #	Feb 16 Activity #	Mar 23 Activity #	Apr 27 Activity #
CUTTLE FISH A	4:20p	4500.113	4500.114	4500.115	4500.116
CUTTLE FISH B	10:40a	4500.117	4500.119	4500.121	4500.123
	5:30p	4500.118	4500.120	4500.122	4500.124
CLOWN FISH	10:05a	4510.113	4510.116	4510.119	4510.122
	3:45p	4510.114	4510.117	4510.120	4510.123
	4:20p	4510.115	4510.118	4510.121	4510.124
JELLY FISH	9:30a	4520.113	4520.116	4520.119	4520.122
	3:45p	4520.114	4520.117	4520.120	4520.123
	4:20p	4520.115	4520.118	4520.121	4520.124
BALLOON FISH	11:15a	4530.109	4530.111	4530.113	4530.115
	4:55p	4530.110	4530.112	4530.114	4530.116
FLYING FISH	5:30p	4540.105	4540.106	4540.107	4540.108
SEA TURTLE	4:55p	4550.105	4550.106	4550.107	4550.108
STING RAY	4:55p	4560.105	4560.106	4560.107	4560.108
PELICAN	3:45p	4570.105	4570.106	4570.107	4570.108
ADULT BEG	6:20p	4590.105	4590.106	4590.107	4590.108

GROUP SWIM LESSONS

All Group Lessons are offered as a four week class either a Mon/Wed or Tue/Thu for a total of eight 30 minute lessons or as a Saturday class for eight weeks, 30 minutes per lesson.

Instructor: CRC Aquatic Staff

Location: Centennial Recreation Center

Session 1:

Mon/Wed classes	Jan 11th – Feb 3rd
Tue/Thu classes	Jan 12th – Feb 4th
SAT Classes	Jan 23rd – Mar 13th

Session 2:

Mon/Wed classes	Feb 15th – Mar 10th
Tue/Thu classes	Feb 16th – Mar 11th
SAT Classes	Mar 27th – May 15th

Session 3:

Mon/Wed Classes	Mar 22nd – Apr 14th
Tue/Thu Classes	Mar 23rd – Apr 15th

Session 4:

Mon/Wed Classes	Apr 26th – May 19th
Tue/Thu Classes	Apr 27th – May 20th

Residents: \$79 / CRC Member: \$69

Non Resident: \$89 / CRC Member: \$79

Saturday Group Lesson Schedule

CLASS NAME	TIME	Session 1	Session 2
		Jan 23 Activity #	Mar 27 Activity #
CUTTLE FISH A	10:10am	4500.125	4500.126
CUTTLE FISH B	10:45am	4500.127	4500.128
CLOWN FISH	10:10am	4510.125	4510.127
	10:45am	4510.126	4510.128
JELLY FISH	9:35am	4520.125	4520.127
	10:10am	4520.126	4520.128
BALLOON FISH	10:45 am	4530.117	4530.118
FLYING FISH	9:00am	4540.109	4540.110
SEA TURTLE	9:35am	4550.109	4550.110
STING RAY	9:00am	4560.109	4560.110
PELICAN	9:35am	4570.109	4570.110
ADULT BEG	9:00am	4590.109	4590.110